

August 8, 2003

School for Arts in Learning PCS  
Ms. Kimberly Morton, Principal  
1100 16<sup>th</sup> Street, NW  
Washington, DC 20036

Dear Ms. Morton:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. You offer different portion sizes for grades K-3 and 4-6; therefore, the grade group K-3 was selected for assessment with the Enhanced Meal Pattern.

Key highlight from your review:

- Your menu has good variety during the week.

Based on the documentation you provided, the analysis for the week of review indicates your menus are slightly elevated in saturated fat, and low in iron. The attached nutrition profile shows you the results of the menu analysis and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for modifications to enhance your record keeping, to improve the nutrition profile of your menus, and to ensure regulatory compliance. Since you have your meals vended from RY Caterers, you will need to coordinate with them to make any necessary changes. Recommendations made for this age group, K-3, are beneficial for the older grade groups as well.

<b>Plan of Action</b> <b>Meal Pattern and Nutrition Standards Compliance</b>	
<b>Observations/Finding</b>	<b>Recommendations</b>
Iron was low at a daily average of 2.59 mg, or 78% of the target value of 3.30 mg per day.	<ul style="list-style-type: none"> <li>♦ Include more iron fortified grain/bread sources in the menu.</li> <li>♦ Other foods high in iron are dried fruits (raisins, apricots), beans (baked beans, refried beans, bean soup) and leafy green vegetables.</li> </ul>
Saturated Fat (SF): The combined analysis of breakfast and lunch showed SF at 10.54%. While this is only slightly over the standard, the following recommendation will easily bring the SF down below 10%.	<ul style="list-style-type: none"> <li>♦ Offer 1% white and chocolate milks, which is lower in fat than the 2% you currently offer.</li> <li>♦ Offer more grains/breads – this will lower the fat contribution to the total calories.</li> </ul>
The federal regulations (7CFR 210.10 (k)(2) require 10 servings for K-3 and 12 servings for K-6 of grains/breads be offered in a week for the Enhanced Meal Pattern. An estimated 7 ½ were offered. (The Traditional Meal Pattern requires 8 servings a week)	<ul style="list-style-type: none"> <li>♦ Offer more grains/breads each day. Add graham crackers, offer rice with the fish sticks, or add grain-based low fat desserts. This will also help maintain the Calories up while you reduce the fat (recommendations above) in your menu.</li> <li>♦ Make sure you have CN labels for Stouffer's casserole products that will indicate quantities of food items and how they meet the meal pattern requirements.</li> </ul>
Not able to determine if meat portion was the required 1.5 oz (7CFR 210.10 (k)(2) on the days serving Stouffer's casseroles.	The ½ cup portion served may or may not provide a full 1.5 oz of meat/meat alternate. Make sure you have CN labels for these products that will indicate quantities of food items and how they meet the meal pattern requirements.
The federal regulations (7CFR 210.10 (k)(2) require two different sources of fruit/vegetables be served every day. This was not met in the Wednesday, May 14 <sup>th</sup> menu.	The menu for that day reflects only one fruit/vegetable offered (pears). Make sure two different sources are available to all students. The juice indicated on production records is only for 10 students as a substitute for milk. The juice cannot be considered a second source unless it is offered to all students.

Page 3  
August 8, 2003

These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell  
State Director

cc: Lisa Echols